

Fig. 5 is a perspective view of the exercise machine 5. It shows the frame, pedals, and internal components including the flywheel (26), drive pulley (20), and tensioning pulley (30). The machine is shown in a side view, highlighting the overall structure and the placement of the pedals and the internal mechanism.

**FIG. 1**  
PRIOR ART

The diagram illustrates a computer system (10) interfaced with a mechanical assembly. The computer (10) is connected to Read-Only Memory (14), Displays (16), and a Keyboard (12). It sends a Load Control Pulse (34) to a D/A Converter, which is also connected to a V REF source. The D/A Converter's output is fed into a multi-stage op-amp circuit. This circuit includes a 12V supply, a 5V supply (labeled 'TO COMPUTER AND DISPLAY ELECTRONICS'), and a 'CONVERT' block. The op-amp circuit drives a motor (20) via a gear train (22, 24, 26, 28, 30, 32). A sensor (20) is positioned to monitor the motor's position and provides feedback to the computer (10). A battery symbol is shown at the bottom left, connected to the 5V line.

**FIG. 2**  
PRIOR ART



FIG. 1 is a perspective view of a stationary exercise machine 200. The machine includes a seat 22, a handle 219, and a flywheel 26. A drive mechanism is shown with a crank 20, a belt 24, and a pulley 28. A motor 30 is connected to the flywheel via a drive shaft 32.

FIG. 4

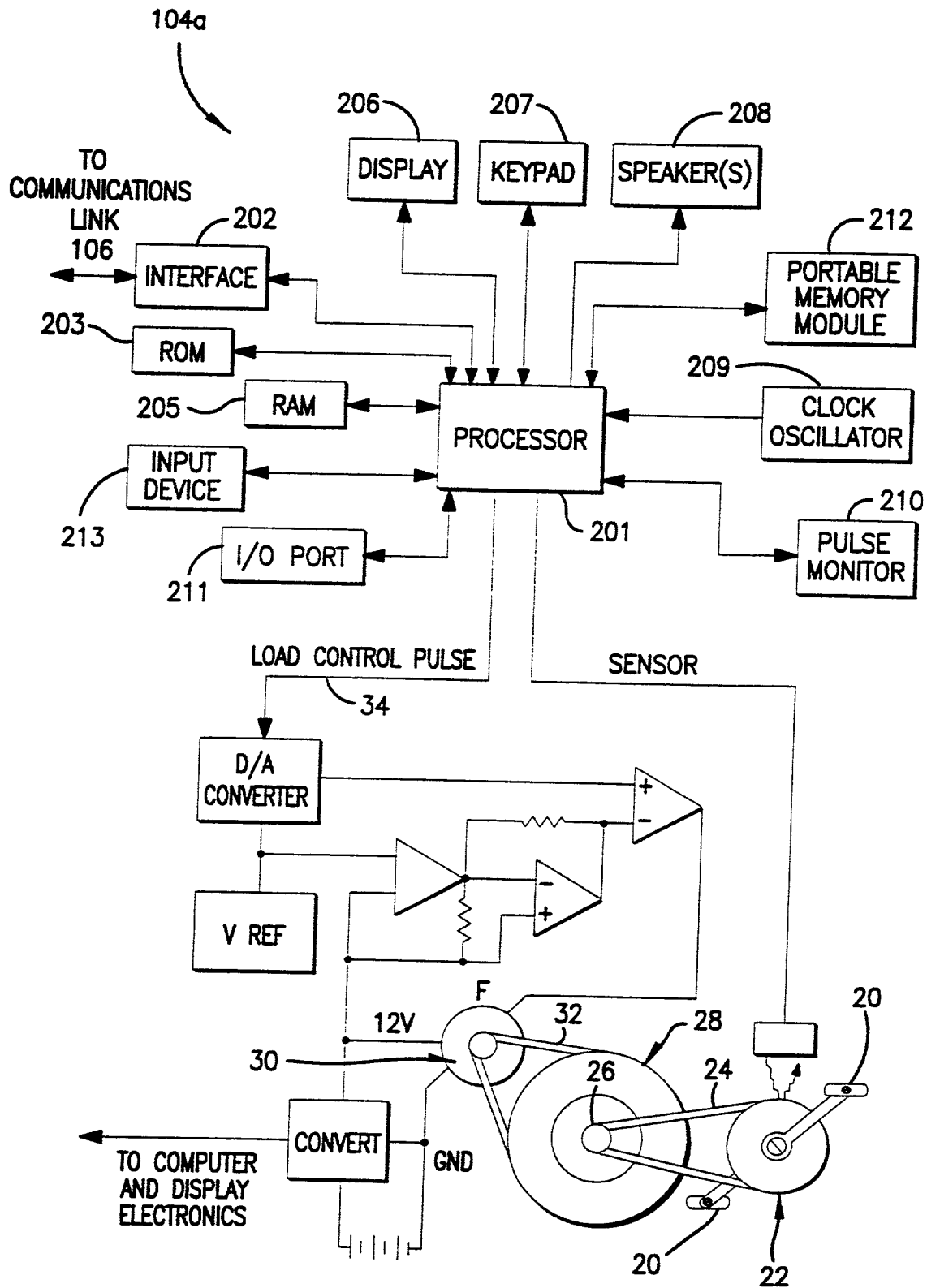


FIG. 5

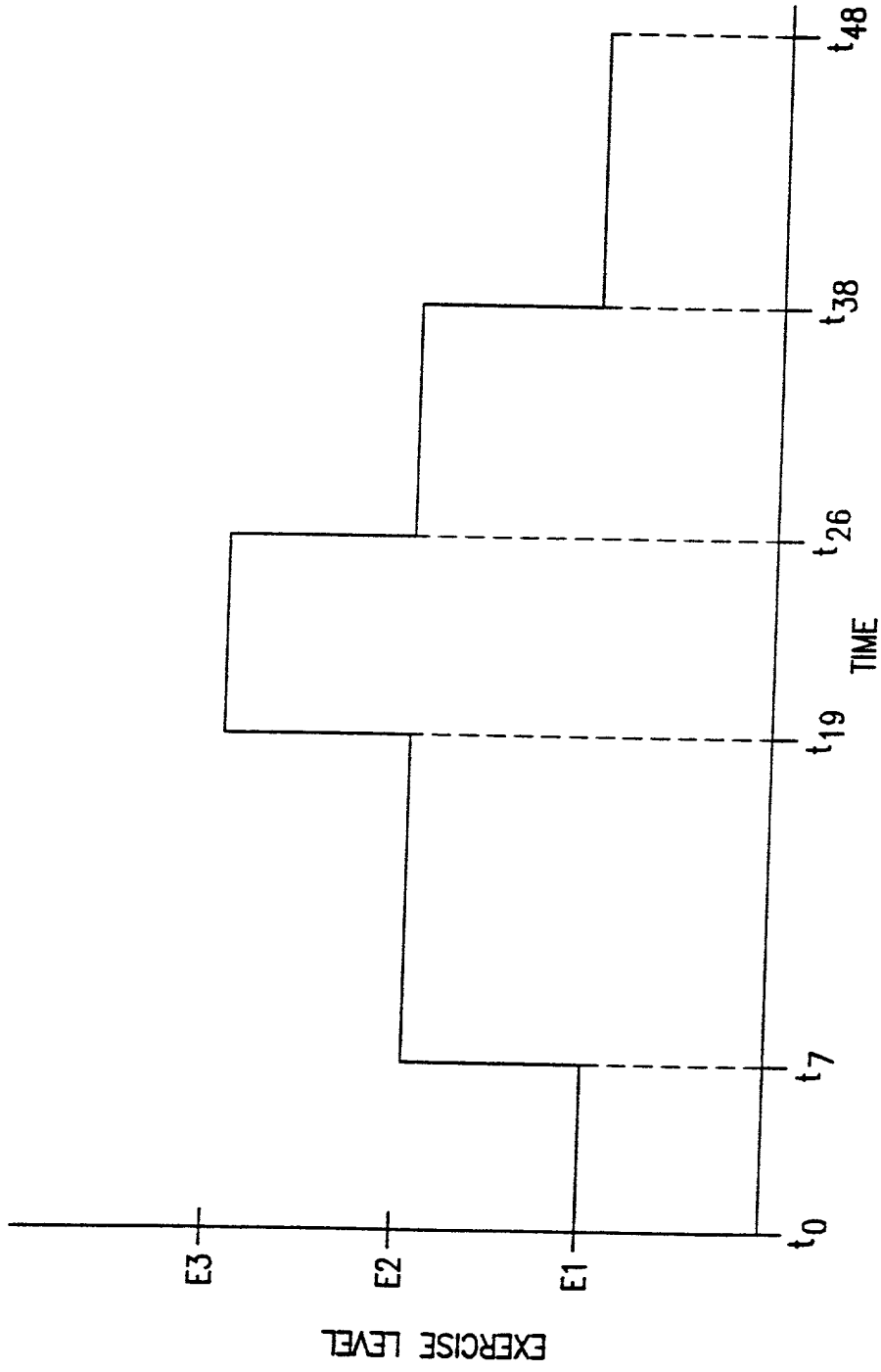
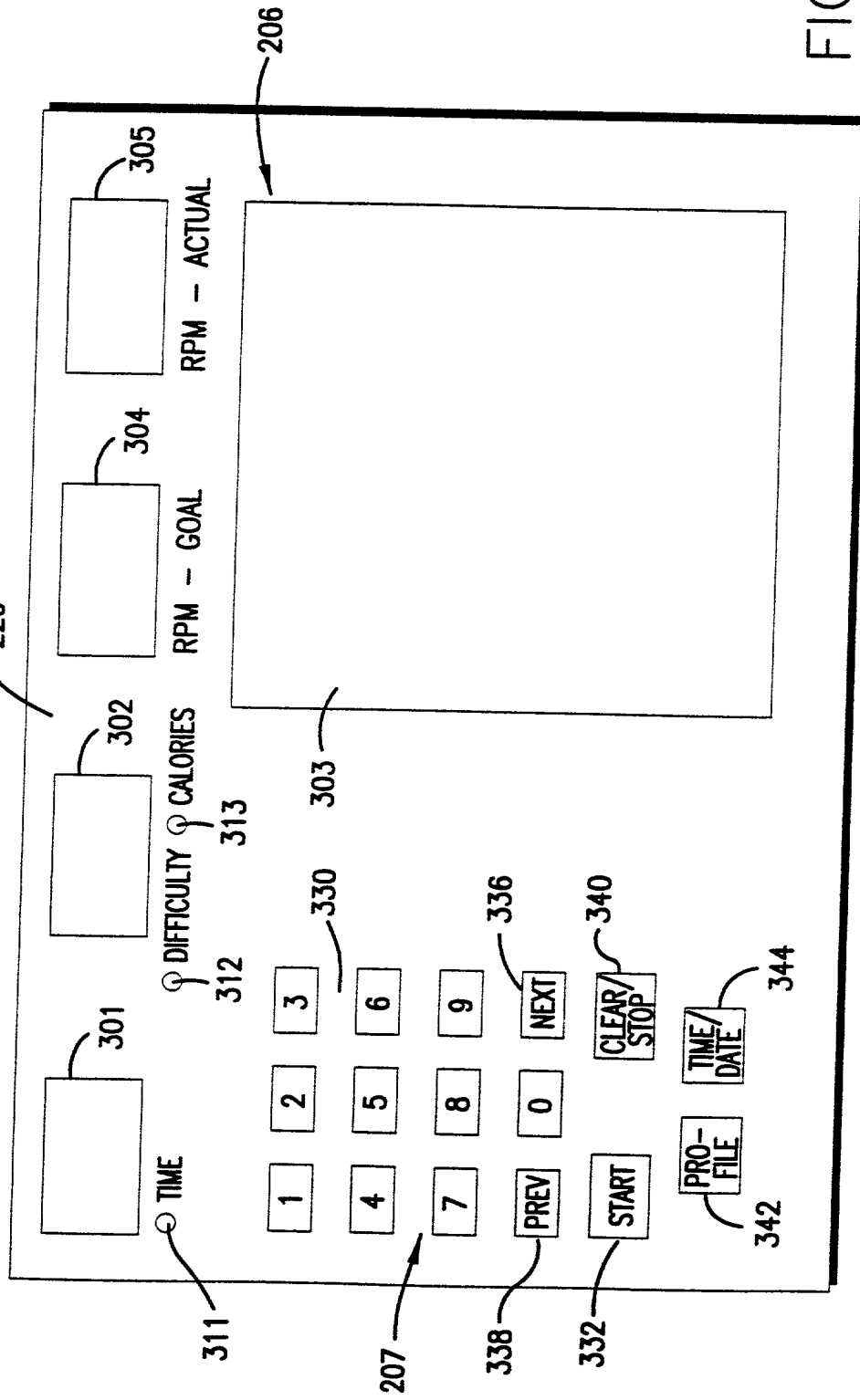
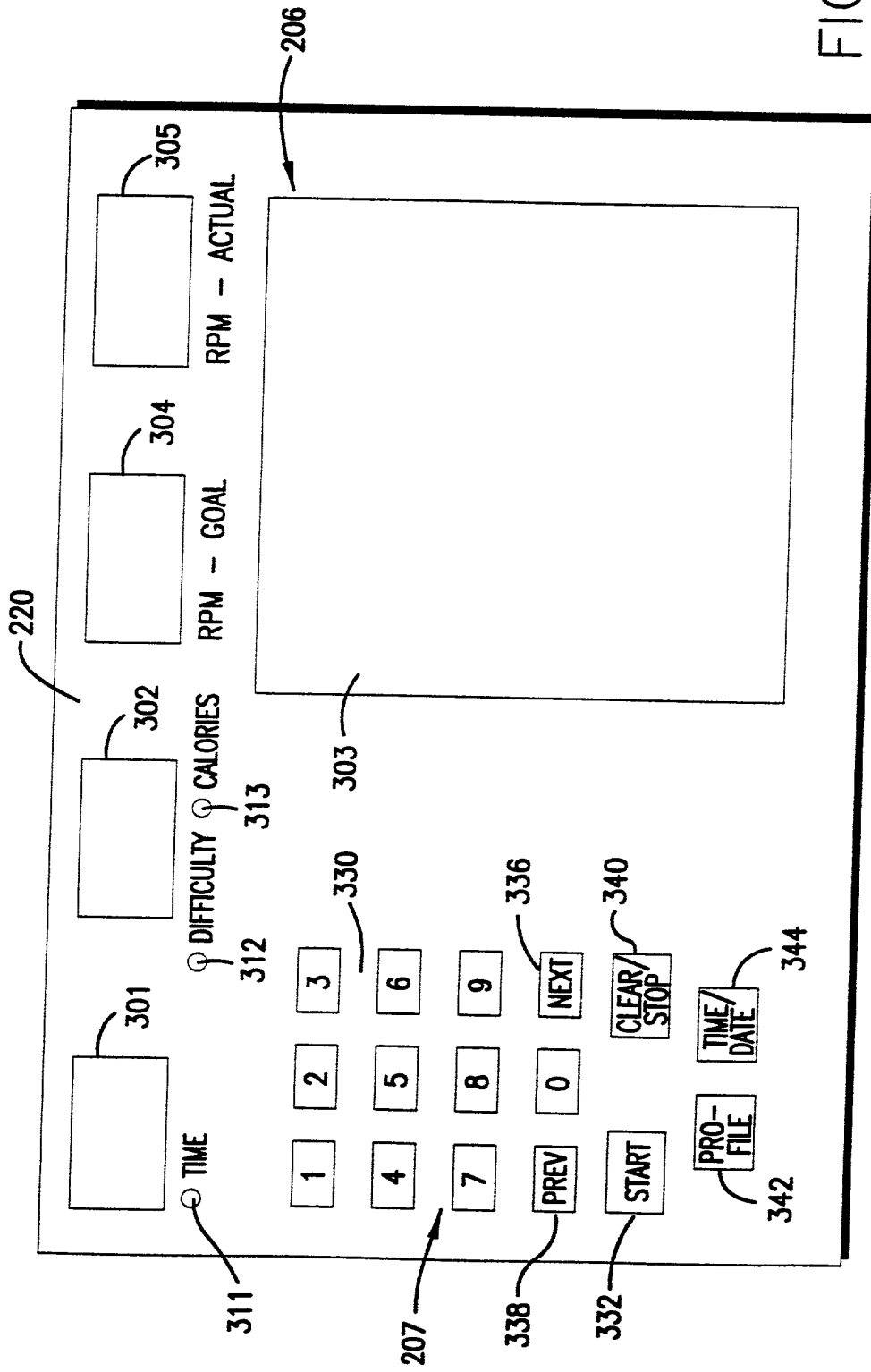


FIG. 6



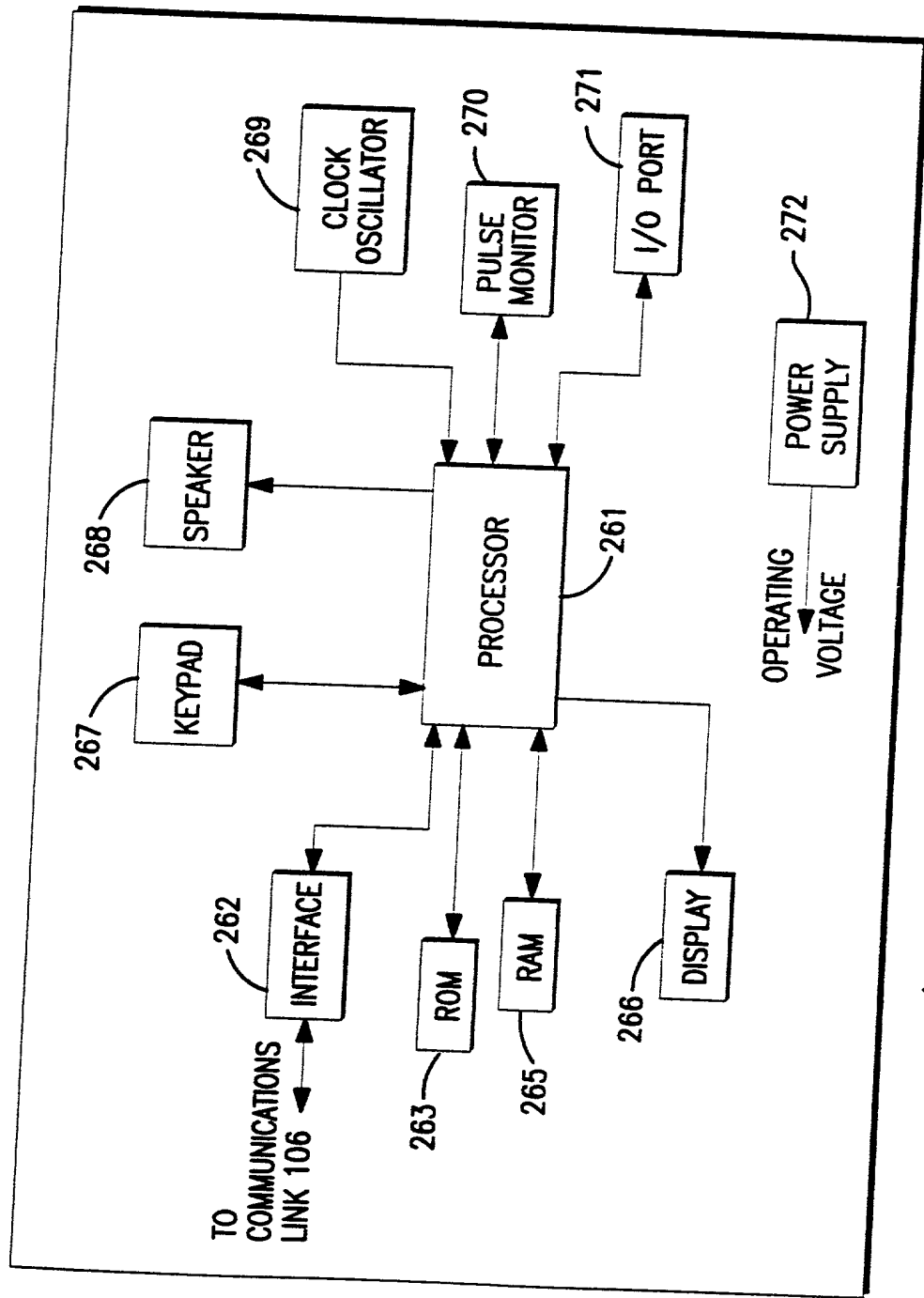
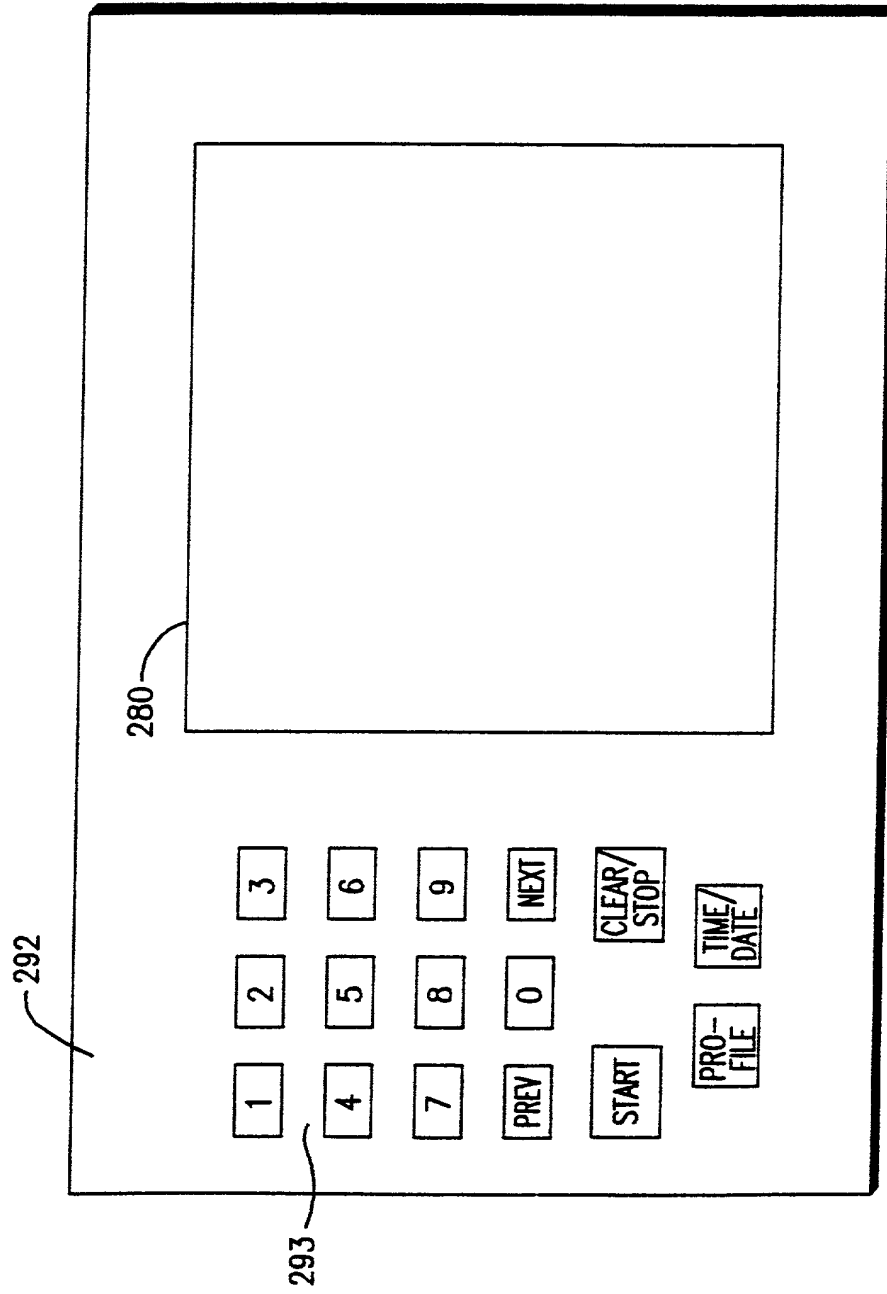


FIG. 8A





**FIG. 8B**

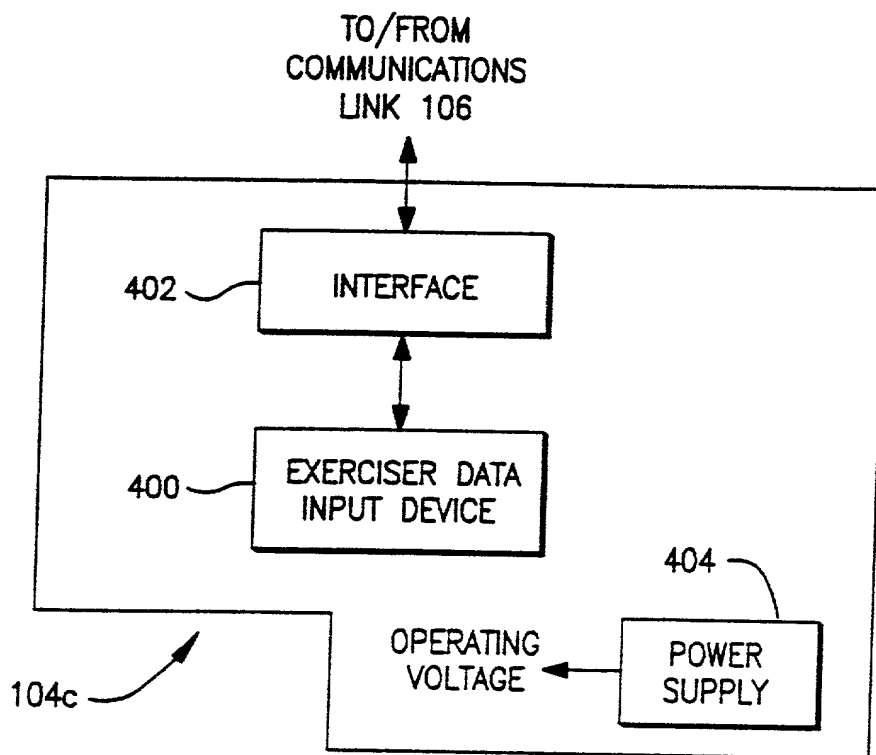


FIG. 9

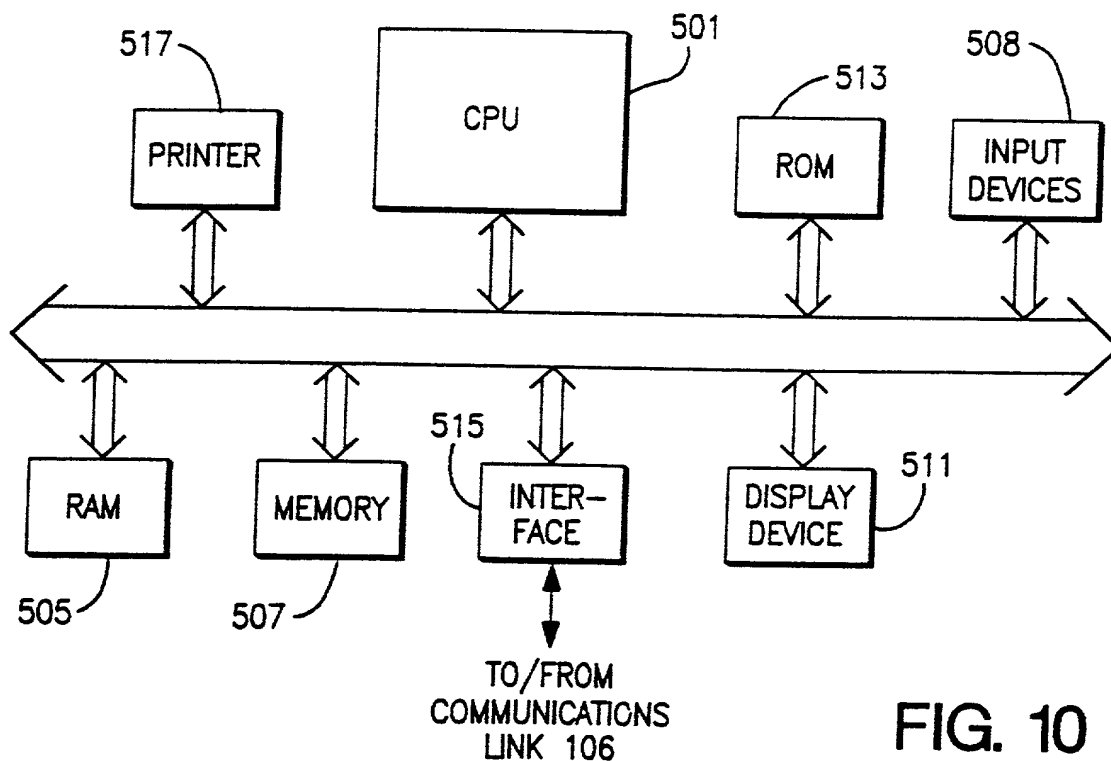


FIG. 10

EXERCISE IDENTIFIER
NAME
POSTAL ADDRESS
TELEPHONE NUMBERS(S)
E-MAIL ADDRESS
MESSAGES
PROFILE DATA
FUTURE EXERCISE DATA
PREVIOUS EXERCISE DATA

EXERCISE TERMINAL IDENTIFIER
EXERCISE TERMINAL TYPE DATA
PURCHASE DATA
USE DATA
LOCATION DATA
MAINTENANCE DATA
MANUFACTURER DATA

FIG. 11A

FIG. 11B

EXERCISE IDENTIFIER
EXERCISE TYPE IDENTIFIER
EXERCISE DESCRIPTION
PROFILE DATA
PARAMETERS

FIG. 11C

EXERCISE IDENTIFIER
EXERCISE TERMINAL TYPE IDENTIFIER

FIG. 11D

	STRETCHING	STATIONARY BICYCLE	STEPPER
SEQ. NO.	1-1	1-2	1-3
EXERCISE ID	01	02	03
TERM. TYPE ID	01	02	07
PARAMETERS	5:00 min.	12:00 min.	8:00 min.
		Level 8	Level 9

FIG. 12

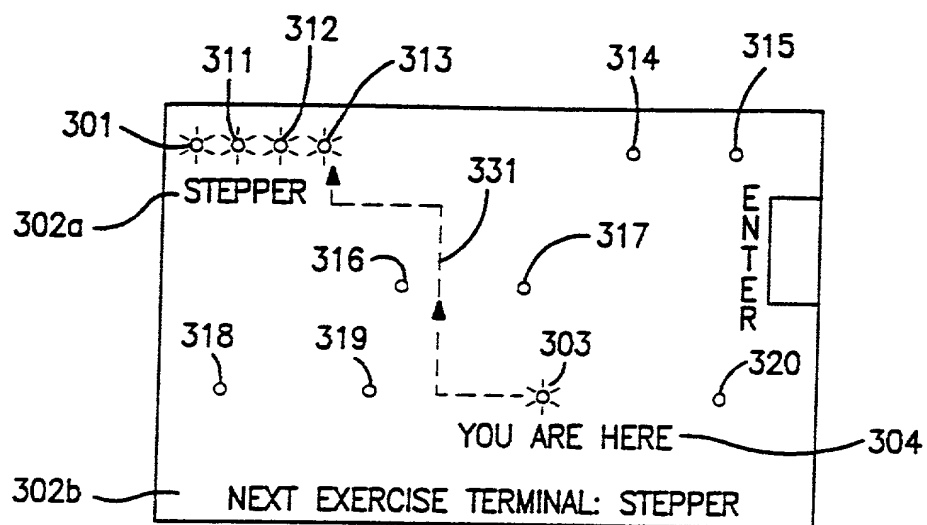


FIG. 13A

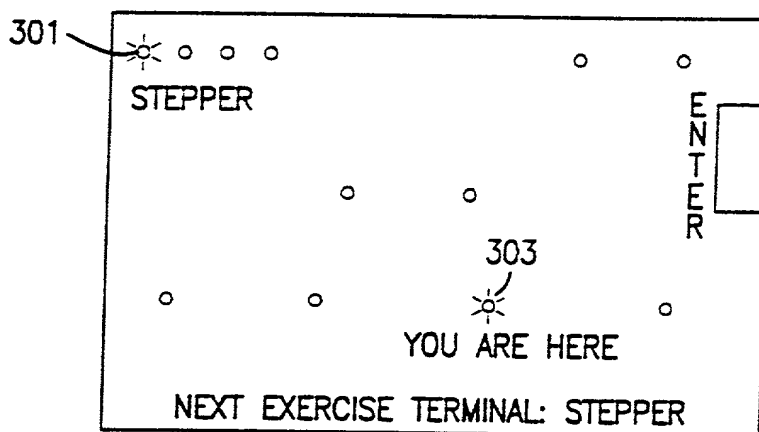


FIG. 13B

FIG. 16

EXERCISER ID 1	EXERCISE DATA	EXERCISE ID PARAMETERS NEXT EXERCISE
EXERCISER ID 2	EXERCISE DATA	
⋮	⋮	

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graph TD
    ST501[ST 501: PRESS START;  
COUNT=1] --> ST502[ST 502: ENTER  
EXERCISER  
IDENTIFIER]
    ST502 --> ST503{ST 503:  
ID IN  
DATABASE?}
    ST503 -- NO --> ST504[ST 504:  
COUNT =  
COUNT + 1]
    ST503 -- YES --> ST506[ST 506:  
RETRIEVE  
EXERCISE DATA]
    ST504 --> ST505{COUNT > n}
    ST505 -- NO --> ST502
    ST505 -- YES --> ST516[ST 516:  
PROMPT  
EXERCISER]
    ST516 --> STOP([STOP])
    ST506 --> ST507{ST 507:  
DATA  
OK?}
    ST507 -- NO --> ST509[ST 509:  
CHANGE  
DATA]
    ST507 -- YES --> ST508[ST 508:  
EXERCISE]
    ST509 --> ST507
    ST508 --> ST510{ST 510:  
ELAPSED  
TIME=TOTAL  
EXERCISE  
TIME}
    ST510 -- YES --> A((A))
    ST510 -- NO --> ST511{ST 511:  
CLR/STOP  
PRESSED?}
    ST511 -- NO --> ST508
    ST511 -- YES --> A
  
```

FIG. 14A

FIG. 14A

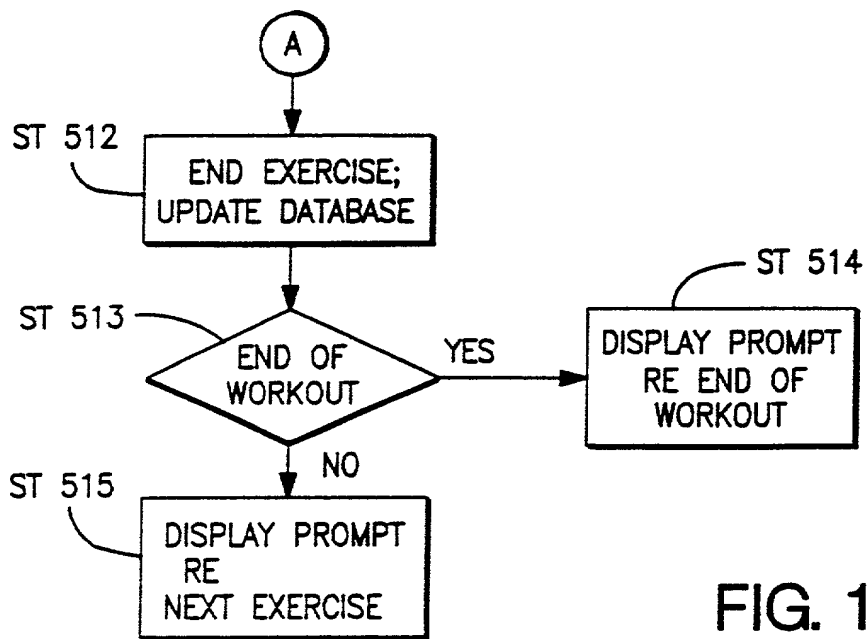


FIG. 14B

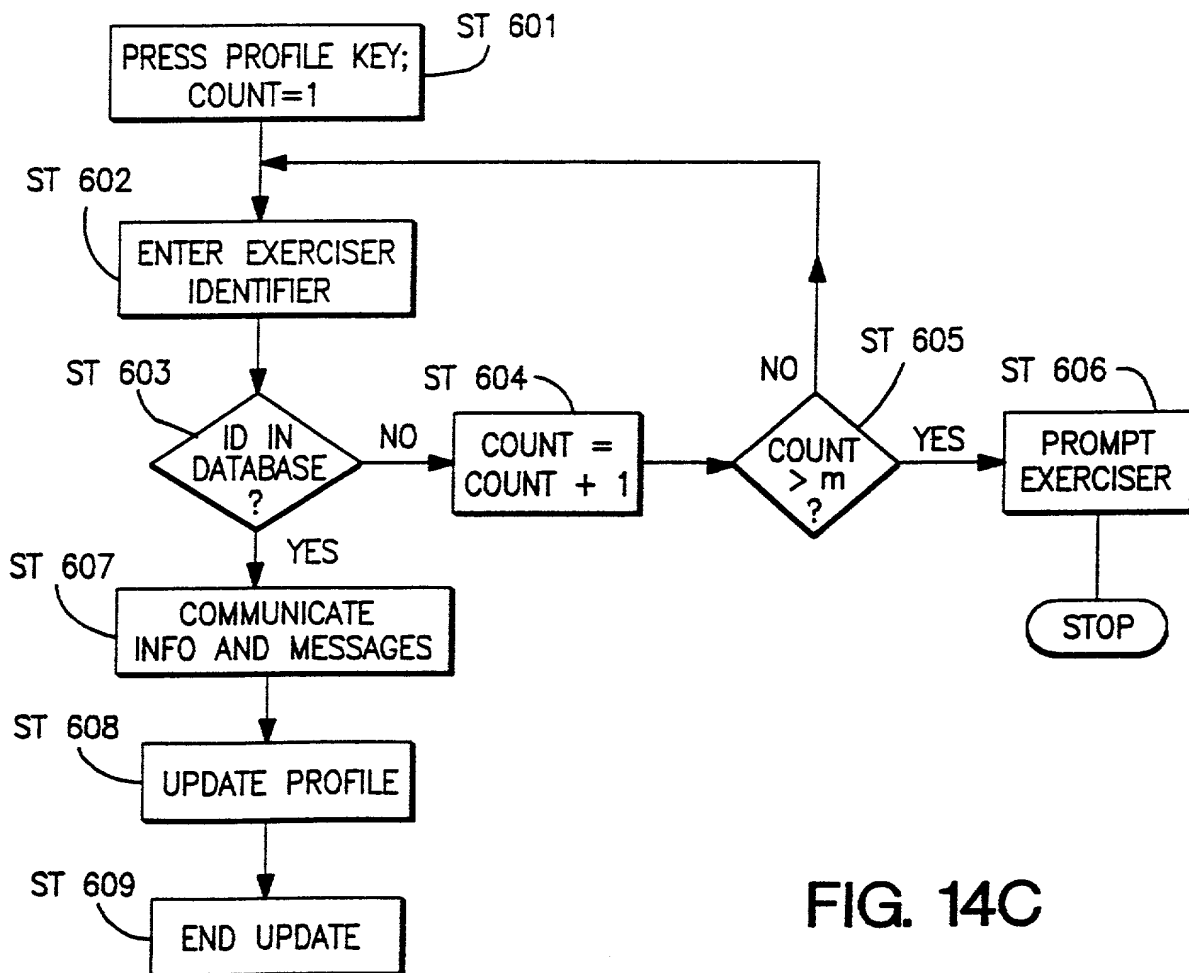


FIG. 14C

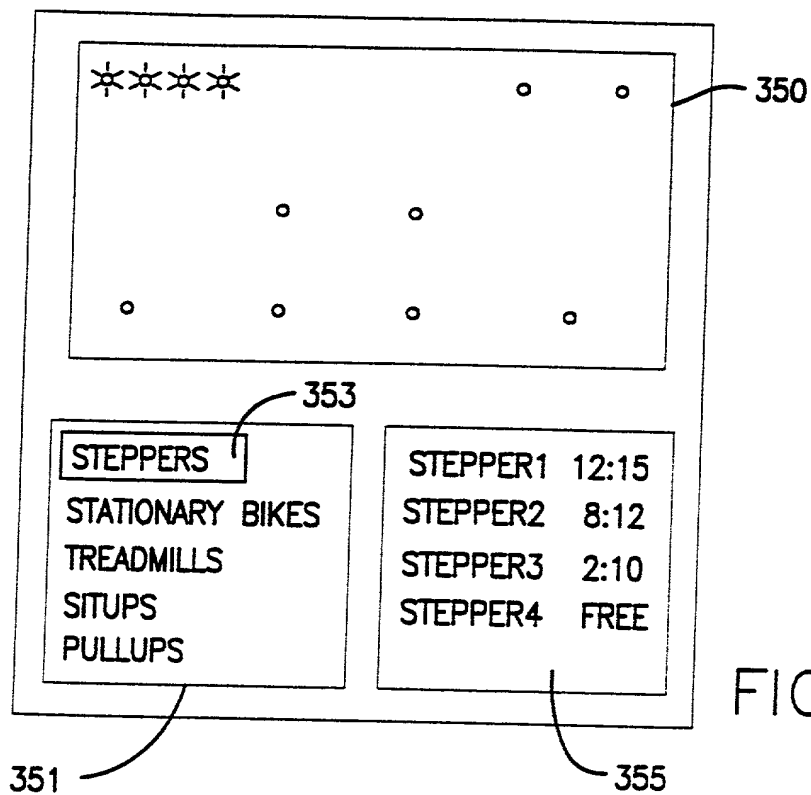


FIG. 15A

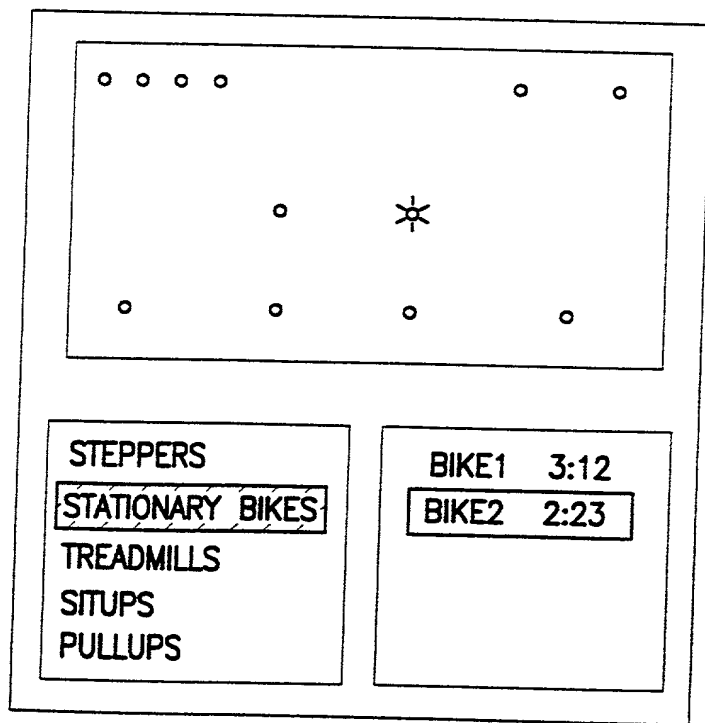


FIG. 15C

